

## The four D's to ease cravings:

1. **Delay** - Wait out the urge to smoke. It will pass in a few minutes.
2. **Deep Breathing** - Breathe in slowly and as deeply as you can, and then breathe out slowly. Repeat this 5 times.
3. **Drink Water** - Sip the water slowly and hold it in your mouth a little while.
4. **Distract** - Do something that takes your mind off of smoking for a few minutes.



## Why should you quit?

- **Save money** - On average a smoker spends almost \$500,000 on cigarettes over a lifetime.
- **Improve your health** - Smoking takes away from how well and how long you live.
- **Improve the health of your family and friends** - Second hand smoke from your lit cigarette hurts the children and people you love. It also hurts your pets.
- **If you quit, your children are less likely to start smoking** - and if they smoke they are more likely to quit.

## The following organizations support you being tobacco-free:

Central MA Area Health Education Center, Inc.  
Central MA Center for Healthy Communities / LUK Inc.  
City of Worcester  
Common Pathways / CHNA 8  
Community Healthlink, Inc.  
Edward M. Kennedy Community Health Center  
(formerly Great Brook Valley Health Center)  
Fallon Community Health Plan  
Family Health Center of Worcester  
Genesis Club, Inc.  
HOPE Coalition  
Saint Vincent Hospital  
Southeast Asian Coalition of Central Massachusetts  
Spectrum Health Systems, Inc.  
UMass Medical School  
UMass Memorial Medical Center  
VNA Care Network  
Worcester District Medical Society  
YWCA Central Massachusetts

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## Worcester Community Smoking Cessation Resource Guide



## Become tobacco-free today!

Quitting smoking can be hard, but there are ways to make it easier. Using quit-smoking medicines and counseling support can make you *more than twice as likely* to quit for good!

## How do I talk with my doctor about becoming tobacco-free?

Many people don't know what to ask or where to start. Here are some tips to make the conversation a little bit easier.

- ❑ Write down questions you have for your doctor regarding quitting smoking.
- ❑ Think about your past quit attempts and why you think they did not work.
- ❑ Tell your doctor you are ready to quit and why.
- ❑ Pick a quit date and share that date with your doctor.
- ❑ Talk to your doctor about a quit plan, including which medication or medication combinations may be right for you.

## Quit smoking medications

Medication	Availability
Nicotine Patch*	Over-the-Counter
Nicotine Gum*	Over-the-Counter
Nicotine Lozenge*	Over-the-Counter
Nicotine Inhaler	Prescription
Nicotine Nasal Spray	Prescription
Zyban	Prescription
Chantix	Prescription

\* May require a prescription to be covered by health insurance.

## How do I find out what kind of benefits I have?

Many health insurance plans help cover the cost of counseling support and medications. To find out what kind of benefits you have, call the member services number listed on the back of your health plan card.

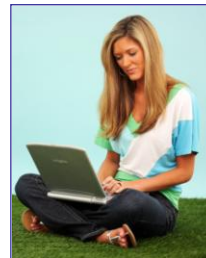
You may also find information at:  
[www.makesmokinghistory.org/insurance](http://www.makesmokinghistory.org/insurance)

## Your conversation checklist:

- ❑ Is medication covered by my insurance?
- ❑ Are over-the-counter medications like the nicotine patch covered?
- ❑ Is there a limit to the amount of medication that is covered?
- ❑ Is group or individual counseling and support to quit smoking covered by my insurance?
- ❑ Do I have to pay anything when I go to my appointment?

## Websites with helpful quit smoking information:

- ❑ Quit Net  
[www.quitnet.org](http://www.quitnet.org)
- ❑ Become An Ex  
[www.becomeanex.org](http://www.becomeanex.org)
- ❑ Make Smoking History  
[www.makesmokinghistory.org](http://www.makesmokinghistory.org)



## Call these resources to help you become tobacco-free today!

**Free Phone Counseling and Support**  
Services are available to all MA residents.

1-800-Quit-Now (1-800-784-8669)

TTY: 1-800-833-1477

Spanish: 1-800-833-5256

## Group and Individual Counseling

Services are available to patients and members of the organizations listed below. Call for more information. Quit-smoking medications may be offered.

Edward M. Kennedy Community Health Center (formerly Great Brook Valley Health Center)  
508-852-1805

Fallon Community Health Plan/Fallon Clinic  
508-368-9540

Family Health Center of Worcester  
508-860-7930

UMASS Memorial Medical Center  
508-334-5393

Veteran's Administration  
774-826-2134

## Education and Support Meetings

Genesis Club  
508-831-0100

Services are available to club members.

Nicotine Anonymous  
[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)  
Meetings are open to all.